

NATURALOPY

PRECEPT 11

HAPPINESS





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 11

HAPPINESS



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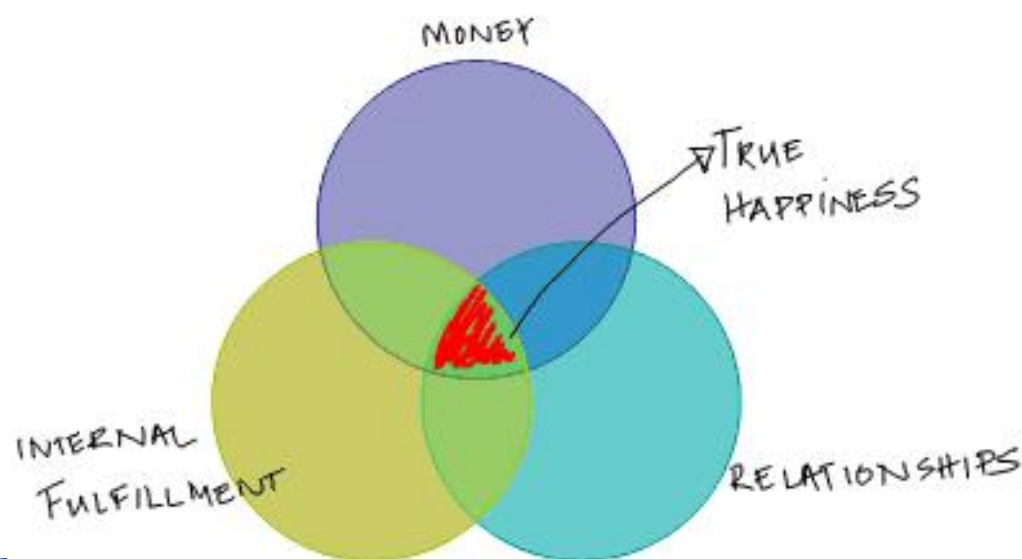
HAPPINESS

happiness

cheerfulness, exuberance, peace of mind, pleasure, prosperity, bliss, delight, joy

1. The emotion of being happy.
2. Characterized by joy and peace of mind; bliss.

A SIMPLE HAPPINESS EQUATION



www.thinkmaya.com

NOTE : HAPPINESS IS AT THE OVERLAP. THINK QUALITY

MORE MONEY + MORE FULFILLMENT + MORE RELATIONSHIPS
≠ MORE HAPPINESS

The condition for happiness exists
when your needs exceed your wants.

$$\text{Happiness} = \frac{\text{Fulfillment}}{\text{Desires}}$$

$$\begin{array}{l}
 \text{life} \\
 + \text{laughter} \\
 \times \text{love} \\
 - \text{hate} \\
 \hline
 = \text{happiness}
 \end{array}$$

THE HAPPINESS FORMULA

$$H = S + C + V$$

WHERE ...

- H = OVERALL LEVEL OF HAPPINESS
- S = BIOLOGICAL SET POINT
- C = LIFE CONDITIONS
- V = VOLUNTARY ACTIVITIES

The Happiness "Emotional Equation"™™

$$\text{HAPPINESS} = \frac{\text{Wanting What You Have}}{\text{Having What You Want}}$$

$$\text{happiness} = \frac{\text{needs}}{\text{capability}}$$

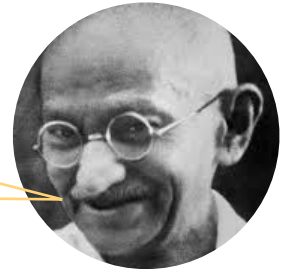


$$\frac{\text{reality} - \text{expectations}}{\text{happiness}}$$

$$\text{Happiness}(t) = w_0 + w_1 \sum_{j=1}^t \gamma^{t-j} CR_j + w_2 \sum_{j=1}^t \gamma^{t-j} EV_j + w_3 \sum_{j=1}^t \gamma^{t-j} RPE_j,$$

where t is the trial number, w_0 is a constant term, other weights w capture the influence of different event types, $0 \leq \gamma \leq 1$ is a forgetting factor that makes events in more recent trials more influential than those in earlier trials, CR_j is the CR if chosen instead of a gamble on trial j , EV_j is the EV of a gamble (average reward for the gamble) if chosen on trial j , and RPE_j is the RPE on trial j contingent on choice of the gamble.

Happiness is when what you think, what you say,
and what you do are in harmony.



Mahatma Gandhi



Enjoy your own life without compar-
ing it with that of another.

Marquis de Condorcet

My therapist told me the way to achieve
true inner peace is to finish what I start.



Dave Barry



One of the simplest ways to stay happy is let-
ting go of the things that make you sad.

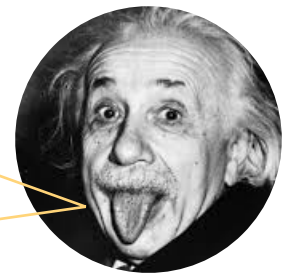
Naturalopist



Happiness depends upon ourselves.

Aristotle

If you want to live a happy life, tie it to a goal.
Not to people or things.



Albert Einstein



Chinese Proverb

If you want happiness for an hour: take a nap.
If you want happiness for a day: go fishing.
If you want happiness for a year: inherit a fortune.
If you want happiness for a lifetime: help someone else.

Arthur Schopenhauer

The two enemies of human happiness
are pain and boredom.



Sometimes life knocks you on your ass, get up, get up, get up! Happiness is not the absence of problems, it's the ability to deal with them.



Steve Maraboli



The happiness of your life depends upon the quality of your thoughts.

Marcus Aurelius



Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

Franklin D. Roosevelt



Happiness is a perfume you cannot pour on others without getting some on yourself.

Ralph Waldo Emerson

Happiness and freedom begin with a clear understanding of one principle: some things are within your control and some things are not.



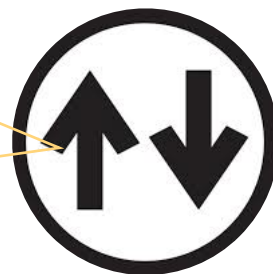
Epictetus

For every minute you are angry you lose sixty seconds of happiness.



Ralph Waldo Emerson

Life is ironic. It takes sadness to know what happiness is, noise to appreciate silence, and absence to value presence.



Naturalopist



The first person in your life to make happy is You. You can only pass on to others what you have.

Trung Nguyen



John Lennon

When I was in grade school, they told me to write down what I wanted to be when I grew up.

I wrote down happy. They told me I didn't understand the assignment. I told them they didn't understand life.



Booker T. Washington

If you want to lift yourself up, lift up someone else.

True happiness is to enjoy the present, without anxious dependence on the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient, for he that is so wants nothing. The greatest blessings of mankind are within us and within our reach. A wise man is content with his lot, whatever it may be, without wishing for what he has not.



Seneca

Don't let anyone make you feel that you don't deserve what you want.

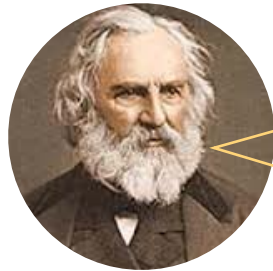


Paul Coelho



Leo Tolstoy

A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbor—such is my idea of happiness.



Henry Wadsworth Longfellow

For after all, the best thing one can do when it is raining is let it rain.



Eleanor Roosevelt

Happiness is not a goal, it's a by-product of a life well lived.



Lao Tzu

Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

There is joy in work. There is no happiness except in the realization that we have accomplished something.



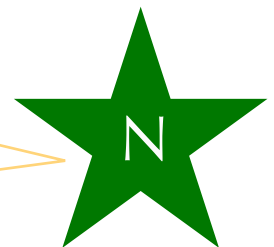
Henry Ford



To cultivate joy, pay attention to what you like.

Annie Kagan

Beware of Destination Addiction: a preoccupation with the idea that happiness is the next place, the next job, and with the next partner. Until you give up the idea that happiness is somewhere else, it will never be where you are.



Naturalopist



When you can't change someone or something, let them go and move on. You'll be free of a burden and it will be one of the happiest moments of your life. The other person will also be given room to work out their life.

Trung Nguyen

When what we are is what we want to be,
that's happiness.



Malcolm Forbes

Praise and blame, gain and loss, pleasure and
sorrow come and go like the wind. To be happy,
rest like a giant tree in the midst of them all.



Buddha



Unless your heart, your soul, and your whole being are be-
hind every decision you make, the words from your mouth
will be empty, and each action will be meaningless. Truth
and confidence are the roots of happiness.

Pietro Aretino

Some pursue happiness. Others create it.



Naturalopist

I heard a definition once: Happiness is health and a short memory! I wish I'd invented it, because it is very true.

Audrey Hepburn



Of all things which wisdom provides to make life entirely happy, much the greatest is the possession of friendship.

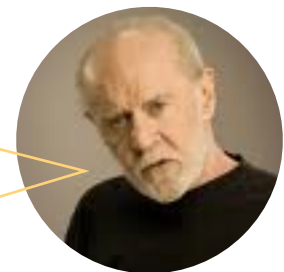
Epicurus



Carl Jung

Every happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity.

Trying to be happy by accumulating possessions is like trying to satisfy hunger by taping sandwiches all over your body.



George Carlin



Happiness is nothing more than good health and a bad memory.

Albert Schweitzer



If we're growing, we're always going to be out of our comfort zone.

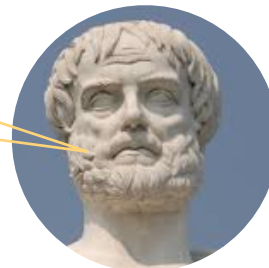
John C. Maxwell

Until you learn how to say “no,” you will never be able to fully say “yes.” Unless you know how to set boundaries to form your safe space, you will always be concerned that saying “yes” may put you in danger. So you will always pull back a little from saying “yes” with your whole heart. Paradoxically, knowing how to say “no” to form boundaries gives much more power to your “yes.”



Brenda Mcaleer

Happiness is self-contentedness.



Aristotle

Complaining not only ruins everybody else's day, it ruins the complainer's day, too. The more we complain, the more unhappy we get.



Dennis Prager

He who lives in harmony with himself lives in harmony with the universe.



Marcus Aurelius

Happiness is the consequence of personal effort. You fight for it, strive for it, insist upon it, and sometimes even travel around the world looking for it. You have to participate relentlessly in the manifestations of your own blessings. And once you have achieved a state of happiness, you must never become lax about maintaining it. You must make a mighty effort to keep swimming upward into that happiness forever, to stay afloat on top of it.



Elizabeth Gilbert

My happiness is not the means to any end. It is the end. It is its own goal. It is its own purpose.



Ayn Rand



Stop letting people who do so little for you control so much of your mind, feelings, and emotions.

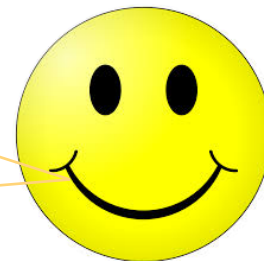
Will Smith



Once you learn how to be happy, you won't tolerate being around people who make you feel anything less. And the best way to be happy with someone is to learn to be happy alone.

LiveLiveHappy.com

You can't complain your way to happiness.



Naturalopist



Very little is needed to make a happy life; it is all within yourself, in your way of thinking.

Marcus Aurelius

TIPS FOR BEING HAPPY

1. Know that if you do not live within the scope of today, your thoughts will be scattered, your affairs will become confused, and your anxiety will increase. These realities are explained as: When you are in the evening, do not expect to see the morning, and when you are in the morning, do not expect to see the evening.
2. Focus on the present, forget everything in the past. "Every person's life is in the present. For the past is done and spent with, and the future uncertain." —Marcus Aurelius
3. Do not completely preoccupy yourself with the future and then discard the present. Be balanced in life, prepare yourself adequately for all situations.
4. Do not be shaken by criticism; instead, be firm. Be sure that in proportion to your worth, the level of people's criticism rises. Also, make good use of criticism in discovering your shortcomings and faults, and let it drive you toward self-improvement.
5. Have complete faith in yourself and perform good deeds; these are the ingredients that makeup a good and happy life. "Life is simple, but we insist on making it complicated." —Confucius
6. Work hard at something that is productive, and cast off idleness. "Choose a job you love, and you will never have to work a day in your life." —Confucius
7. You should know with certainty that everything that happens happens in accordance with the divine decree or divine justice (karma).
8. Give gratitude but do not expect gratitude from anyone.
9. Train yourself to be prepared for the worst possibility.
10. Perhaps the worst that has happened to you has happened in your best interest, even though you might not have comprehended how that could be at the time it happened. Everything happens so you can learn from it. Learn from it and move on.

HUMOR

humor

playfulness, amusement, wit, fun, lightness, joking, high spirits

1. The ability to make something amusing or funny despite its seriousness.
2. The quality to express playfulness, wit, or joy of situations; ability to see lightness in every predicament.

Don't take life too serious.
You will never get out of it alive.

Elbert Hubbard





A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road.

Henry Ward Beecher

A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life.



William Arthur Ward

If I had no sense of humor, I would long ago have committed suicide.



Mahatma Gandhi

Nelly Furtado

When there's no time for joking,
there's a hole in the plan.



Laughter is the best medicine.

Motherly Advice



Blessed are we who can laugh at ourselves,
for we shall never cease to be amused.

Naturalopist

I think the scariest person in the world is
the person with no sense of humour.



Michael J. Fox

One of the things that binds us as a
family is a shared sense of humour.



Ralph Fiennes



Has anyone lost a large roll of 20 dollar bills in a rubber band? Because we found the rubber band.

Spiderman Movie

The blame for a divorce is always 50/50: 50 percent the wife and 50 percent the mother-in-law.



Naturalopist



People who laugh together generally don't kill each other.

Alan Alda

Smiling is definitely one of the best beauty remedies. If you have a good sense of humor and a good approach to life, that's beautiful.



Rashida Jones

He who laughs last, laughs best.



Naturalopist

We don't laugh because we're happy—we're happy because we laugh.



William James

With enough time and wisdom, all our past follies and mistakes become humorous.



Trung Nguyen

If you can't laugh at yourself, who can you laugh at?



Motherly Advice

The secret to humor is surprise.

Aristotle



Every time you are able to find some humour in a difficult situation, you win.

Naturalopist

Through humor, you can soften some of the worst blows that life delivers. And once you find laughter, no matter how painful your situation may be, you can survive.



Victor Borge

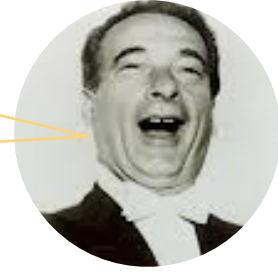


Humor is perhaps a sense of intellectual perspective: an awareness that some things are really important, others not; and that the two kinds are most oddly jumbled in everyday affairs.

Christopher Morley

Laughter is the shortest distance
between two people.

Victor Borge



Right now at this very moment we have a mind, which is all
the basic equipment we need to achieve complete happiness.



Howard Cutler

There are about 10 theories on how to win an
argument with women. None of them work.

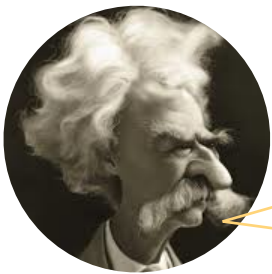


Naturalopist

Laughing at our mistakes can lengthen
our own life. Laughing at someone else's
can shorten it.



Cullen Hightower



Mark Twain

Humanity has unquestionably one really effective weapon—laughter. Power, money, persuasion, supplication, persecution—these can lift at a colossal humbug—push it a little—weaken it a little, century by century; but only laughter can blow it to rags and atoms at a blast. Against the assault of laughter nothing can stand.

A day without laughter is a day wasted.



Charlie Chaplin

Why do women live longer than men? Because women are smarter than men. Why don't men live as long as women? Because men have to live with women.



Naturalopist

If you're too busy to laugh, you are too busy.



Naturalopist

Woman's Ass Size Study

There is a new study about women and how they felt about their asses. The results are interesting.

10% of women think their ass is too skinny.

30% of women think their ass is too fat.

60% say they don't care, they love him, he is a good man and they wouldn't trade him for the world.



Always love a woman for her personality.
She has about 10, so you can choose.

Naturalopist

I love people who make me laugh. I honestly think it's the thing I like most, to laugh. It cures a multiple of ills. It's probably the most important thing in a person.



Audrey Hepburn

Remember, happiness is a way of
travel, not a destination.



Roy M. Goodman

I've always thought that a big laugh is a really loud noise from the soul saying, "Ain't that the truth."



Quincy Jones

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.



Bob Newhart



We don't laugh because we're happy—we're happy because we laugh.

William James

A laugh is a smile that bursts.



Mary H. Waltdrip

If we couldn't laugh, we would all go insane.

Jimmy Buffett



Humor is mankind's greatest blessing.



Mark Twain

Laughter gives us distance. It allows us to step back from an event, deal with it and then move on.



Bob Newhart

A laugh is a smile that bursts.



Mary H. Waltdrip

A good laugh and a long sleep are the best cures in the doctor's book.

Irish Proverb



A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man.



Lana Turner



There can never be enough said of the virtues, dangers, and the power of a shared laugh.

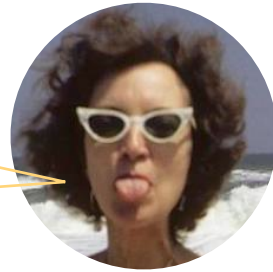
Françoise Sagan

A good laugh is sunshine in the house.

William Thackeray



A good laugh heals a lot of hurts.



Madeleine L'Engle



To truly laugh, you must be able to take your pain, and play with it.

Charlie Chaplin

I enjoy making people laugh. The trick is to tell them jokes against yourself. If you praise yourself, your stories aren't funny.



Michael Caine



It is hard to smash a computer when you're laughing.

Bill Gates

There is little success where there is little laughter.

Andrew Carnegie



To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity.



William Arthur Ward

Laughter opens the lungs, and opening the lungs ventilates the spirit.



Naturalopist

It is more fitting for a man to laugh at life than to lament over it.



Seneca



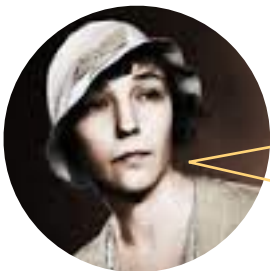
Mix a little foolishness with your serious plans. It is lovely to be silly at the right moment.

Horace



There's power in looking silly and not caring that you do.

Amy Poehler



Anyone can be passionate, but it takes real lovers to be silly.

Rose Franken



Anyone who takes himself too seriously always runs the risk of looking ridiculous; anyone who can consistently laugh at himself does not.

Vaclav Havel

CONTENTMENT

contentment

serenity, satisfaction, peace, equanimity, fulfillment, gratification

1. The state or degree of being contented; peace of mind.
2. The neurophysiological experience of satisfaction and being at ease in one's situation, body, and/or mind.

Contentment can be summed up with the following needs:

- a safe place to call home,
- fresh air,
- nutritious food,
- a healthy mind and body,
- a labour of love,
- trustworthy friends and good company, and
- a caring family.

Everything else are wants. The underlying causes of wants are greed and restlessness, which are the enemies of contentment and happiness.

Misery = wants / needs (when wants exceed needs, misery is the result)

Contentment = needs / wants (when needs exceed wants, contentment is the result)

Many people seek contentment through alcohol, drugs, sex, and gambling—these are time and energy thieves—when all they need is a passionate hobby to occupy their spare time.

The fountain of contentment must spring up in the mind, and they who have so little knowledge of human nature as to seek happiness by changing anything but their own disposition, will waste their lives in fruitless efforts and multiply the grief they propose to remove.



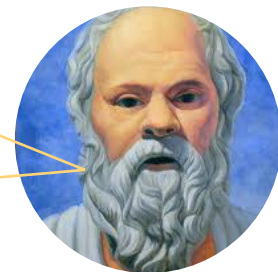
Samuel Johnson



He who is not contented with what he has, would not be contented with what he would like to have.

Socrates

Contentment is natural wealth,
luxury is artificial poverty.



Socrates

Even though you have ten thousand fields,
you can only eat so much rice in a day.

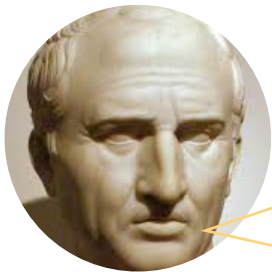
Even though your dwelling contains a hundred
rooms, you can use one room at night.



Chinese Proverb

To know when you have enough is to be rich.

Lao Tzu



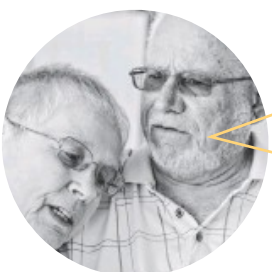
Cicero

If you have a garden and a library, you have everything you need.

Contentment consists not in adding more fuel, but in taking away some fire; not in multiplying of wealth, but in subtracting people's desires. Generally, those who boast most of contentment have least of it. Their very boasting shows they want something and basely beg it, namely commendation.



Thomas Fuller



Fred van Amburgh

Neither circumstances nor surroundings can bring contentment. Only by fitting ourselves to meet conditions as they are, calmly and courageously, may we hope to reconcile ourselves to our position and conditions of life.

One is content if one can find happiness in simple pleasures.



Thomas Malloy

At some point, you gotta let go, and sit still, and allow contentment to come to you.



Elizabeth Gilbert

Contentment gives a crown,
where fortune hath denied it.



John Ford

A contented mind is the greatest blessing
a person can enjoy in this world.



Joseph Addison



When we cannot find contentment in ourselves, it is useless to seek it elsewhere.

Francois La Rochefoucauld

Satisfaction in life arises from knowing you are exactly where you belong. Discontented people strive to be somewhere else or someone else. Contentment comes from many great and small acceptances in life.



Naturalopist

Truth is like the stars; it does not appear except from behind obscurity of the night. Truth is like all beautiful things in the world; it does not disclose its desirability except to those who first feel the influence of falsehood. Truth is a deep kindness that teaches us to be content in our everyday life and share with the people the same happiness.



Khalil Gibran

Contentment comes as the infallible result of great acceptances, great humilities—of not trying to make ourselves this or that, but of surrendering ourselves to the fullness of life—of letting life flow through us.



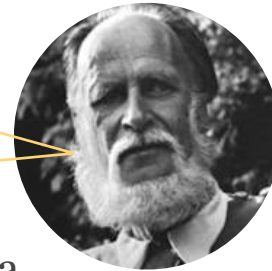
David Grayson



The secret of contentment is the realization that life is a gift, not a right.

Dr. Seuss

Contentment has the ability to squeeze out of every situation all the good there is to get.



Shantidasa

There are nine requisites for contented living:

health enough to make work a pleasure;
wealth enough to support your needs;
strength to battle with difficulties and overcome them;
grace enough to confess your sins and forsake them;
patience enough to toil until some good is accomplished;
charity enough to see some good in your neighbor;
love enough to move you to be useful and helpful to others;
faith enough to make real the things of God;
hope enough to remove all anxious fears concerning the future.

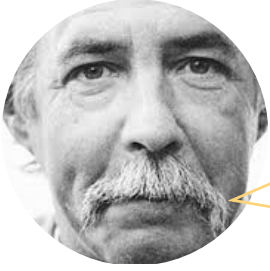


Johann Goethe

The world is full of people looking for spectacular happiness while they snub contentment.



Doug Larsen



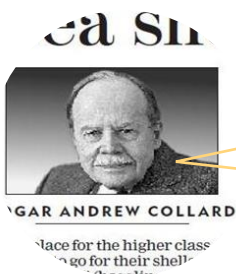
With the “civilized” person contentment is a myth. From the cradle to the grave they are forever longing and striving after something better, an indefinable something, some new object yet unattained.

William Matthews

True happiness comes from a sense of peace and contentment, which in turn must be achieved through the cultivation of altruism, of love and compassion, and elimination of ignorance, selfishness, and greed.



Dalai Lama



The art of contentment is the recognition that the most satisfying and the most dependably refreshing experiences of life lie not in great things but in little. The rarity of happiness among those who achieved much is evidence that achievement is not in itself the assurance of a happy life. The great, like the humble, may have to find their satisfaction in the same plain things.

Edgar A. Collard

True contentment depends not upon what we have; a tub was large enough for Diogenes, but a world was too little for Alexander.



Charles C. Colton



The discontented cannot find peace; but those who find peace are content.

Linda F. Ralphs



Sometimes we don't know what's best until we're forced into it. Often you can be just as happy or even happier with less.

Peter Seidel

Contentment is a wealth of Nature.



Socrates

There are four gatekeepers at the entrance to the Realm of Freedom (moksha):

Self-control
Spirit of Inquiry
Contentment
Good Company

With a pure heart and a receptive mind, and without the veil of doubt and restlessness of the mind, listen to the exposition of the nature and means of liberation.



Sage Vasishtha

We could become quite satisfied with ourselves because we are sitting in meditation and are endeavoring to practice the spiritual path. Such satisfaction with ourselves is not the same as contentment. Contentment is necessary, self-satisfaction is detrimental. To be content has to include knowing we are in the right place at the right time to facilitate our own growth. But to be self-satisfied means that we no longer realize the need for growth. All these aspects are important parts of our commitment and make us into one whole being with a one-pointed direction.



Ayya Khema



Lao Tzu

Fame or integrity: which is more important? Money or happiness: which is more valuable? Success or failure: which is more destructive? If you look to others for fulfillment, you will never truly be fulfilled. If your happiness depends on money, you will never be happy with yourself. Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.

Watch your manner of speech if you wish to develop a peaceful state of mind. Start each day by affirming peaceful, contented and happy attitudes and your days will tend to be pleasant and successful.

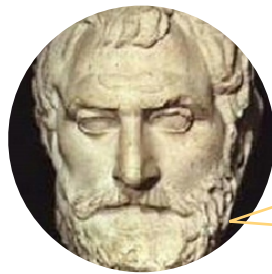


Norman Vincent Peale

Anyone's life truly lived consists of work, sunshine, exercise, soap, plenty of fresh air, and a happy contented spirit.



Lillie Langtry



It is great wealth to a soul to live frugally with a contented mind.

Lucretius



It is a wise man that does know the contented man is never poor, whilst the discontented man is never rich.

Frank Herbert



It is right to be contented with what we have, never with what we are.

James Mackintosh

THE WEALTHY FAMILY

There once was a boy from a very wealthy family. One day his father took on him a trip to the countryside. The father wanted to show his son how poor people lived. They arrived on a farm of the “poor people” and spent several days in the hospitality of the farmers.

On their return, the father asked, “How did you like the trip, son?”

“It was a great experience!” the boy replied.

“Did you notice how those poor farmers lived?” the father asked.

“Yes, I did.”



“We’re fortunate to have so many things. How did they live compared to us?” the father asked.

“Well, we have only one dog, and they have four. There is a pool in our garden, while they have a long river. We have expensive lanterns, but they have stars above their heads at night. We have the patio, and they have the whole horizon. We

have only a small piece of land, while they have the endless fields. We buy food, but they grow it. We have a high fence to protect our property, while they don’t need it because their friends protect them.”

The father was stunned into silence by his son’s answer.

Then the boy added, “Thank-you, dad, for showing me how poor we are.”

The moral of the story is that true wealth and happiness are not measured by material things; love, friendship, and freedom are far more valuable.

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

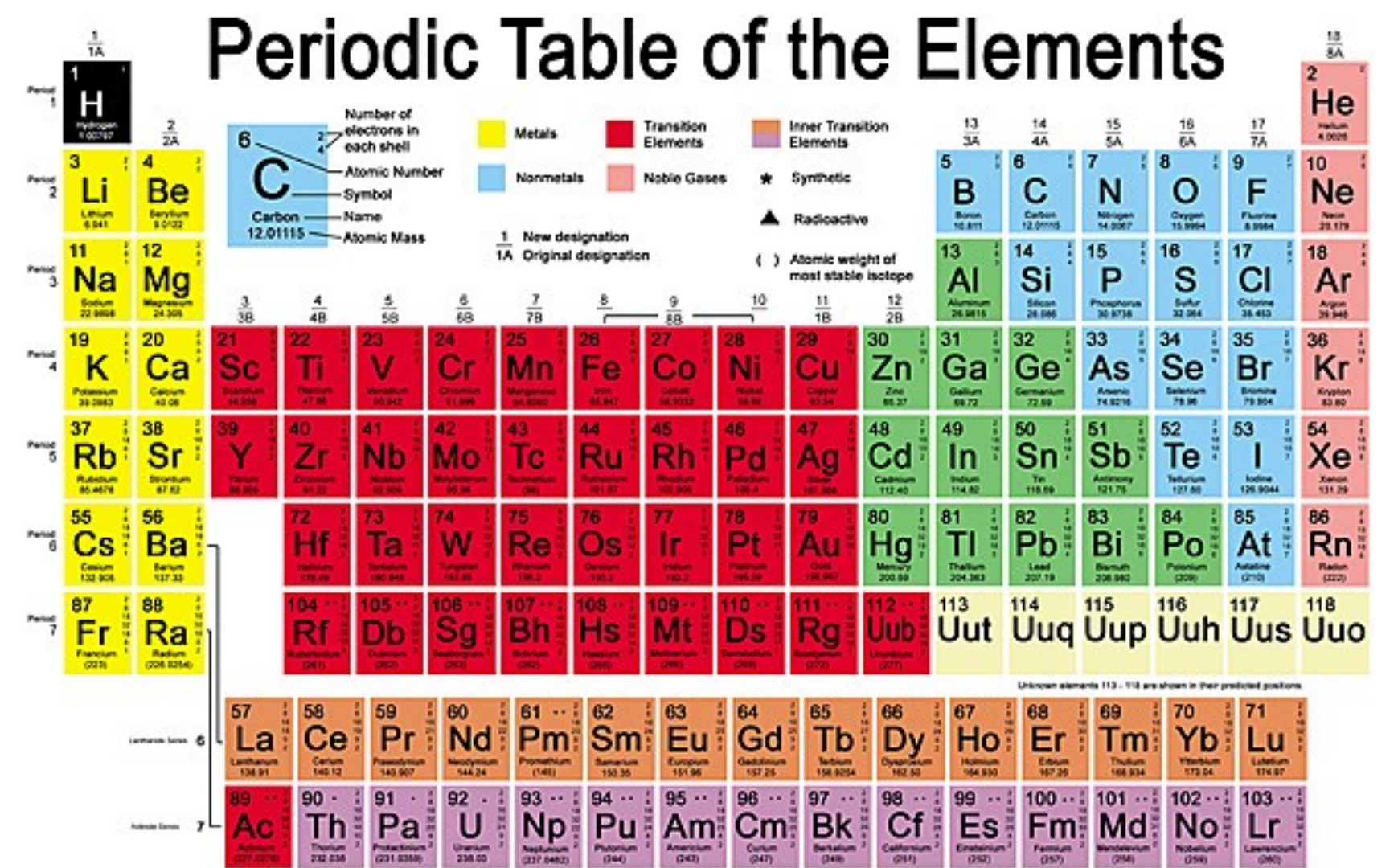
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

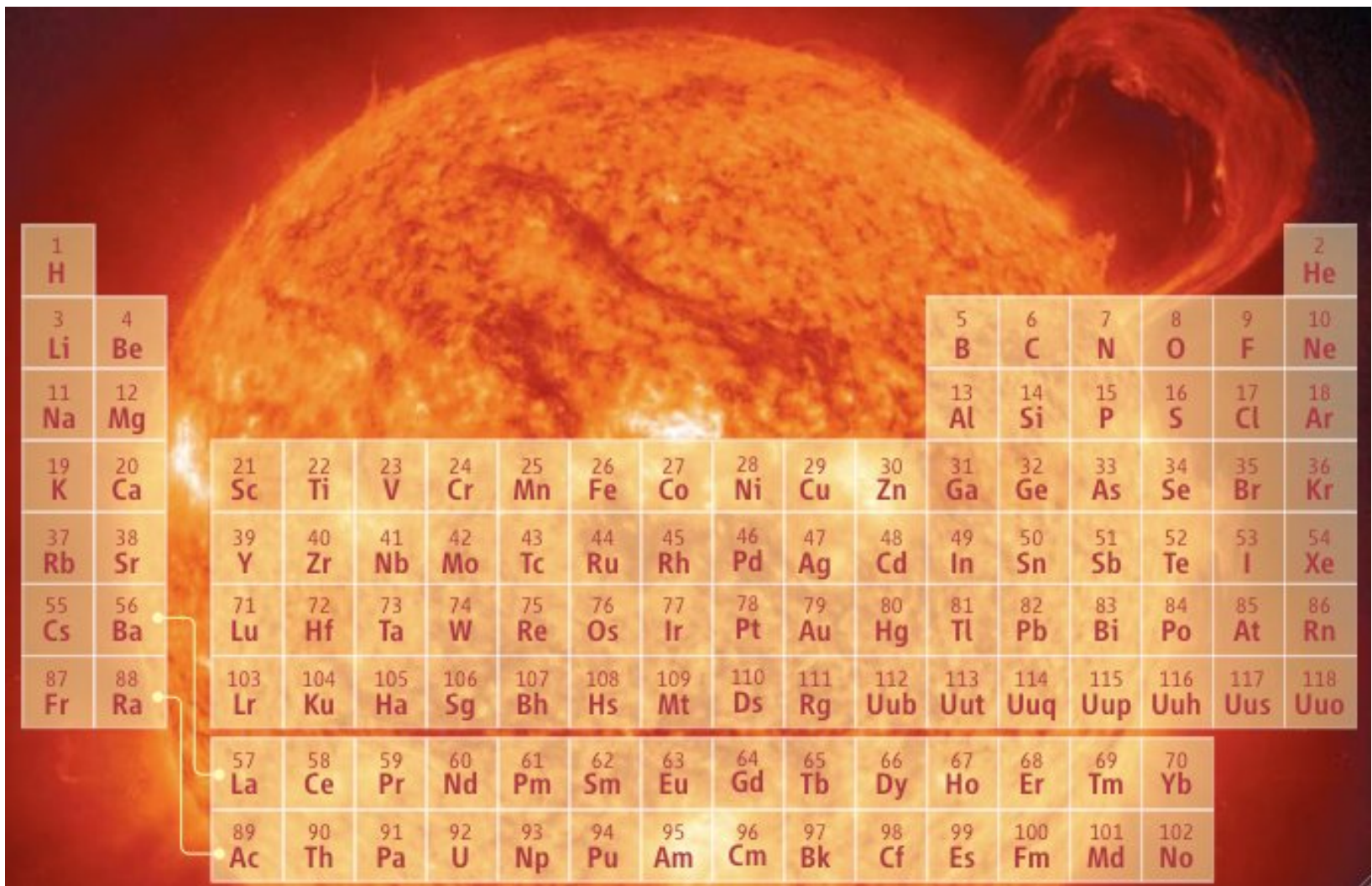
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

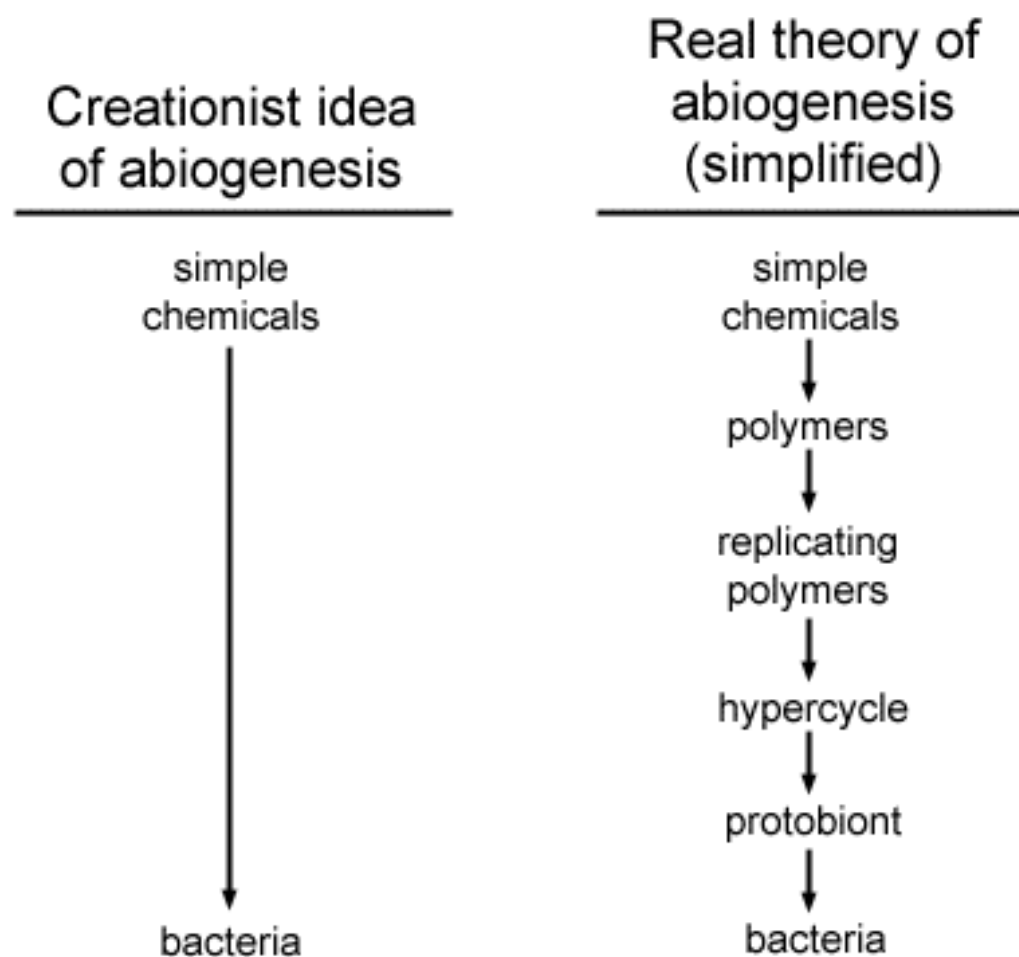


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



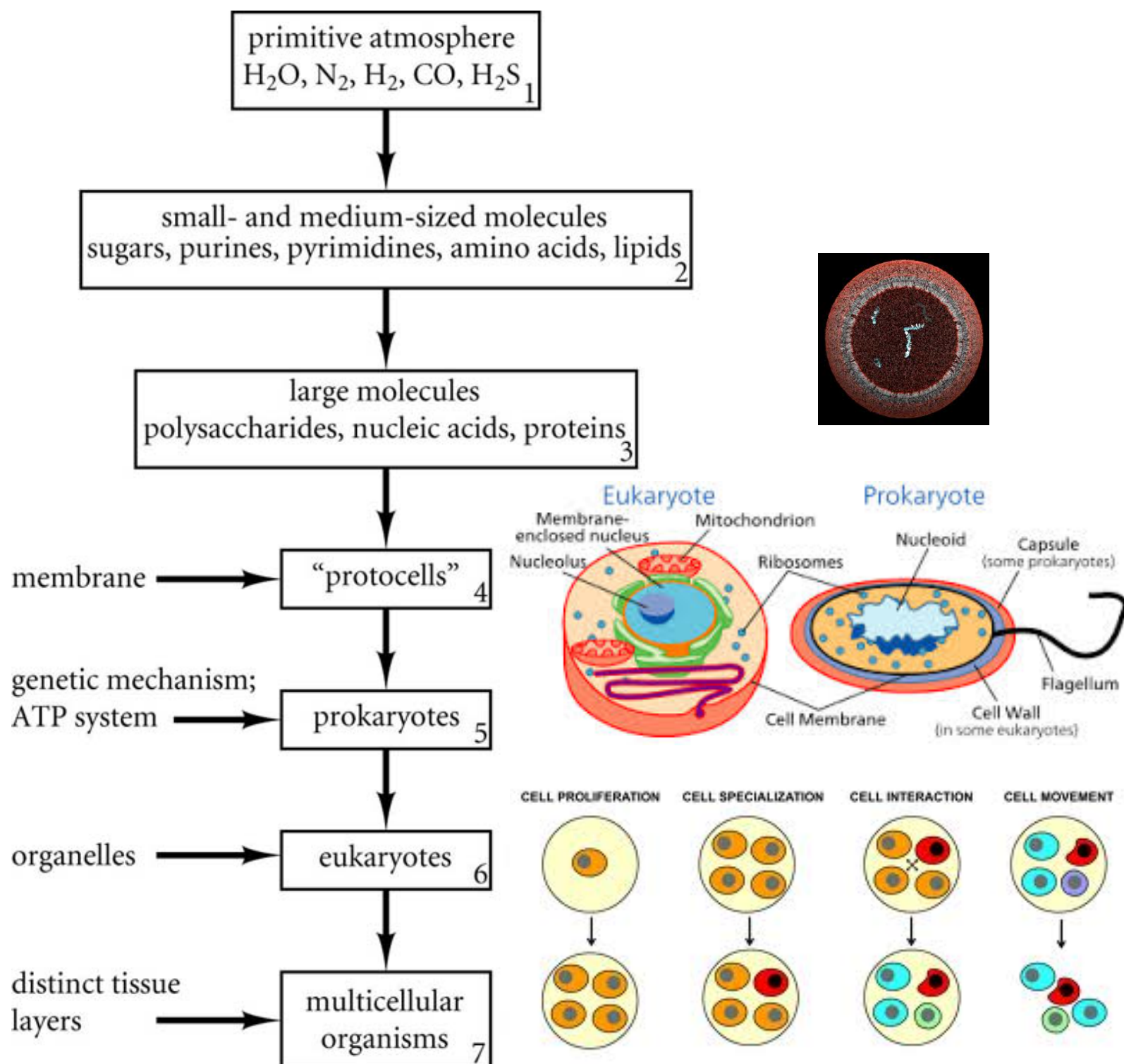
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

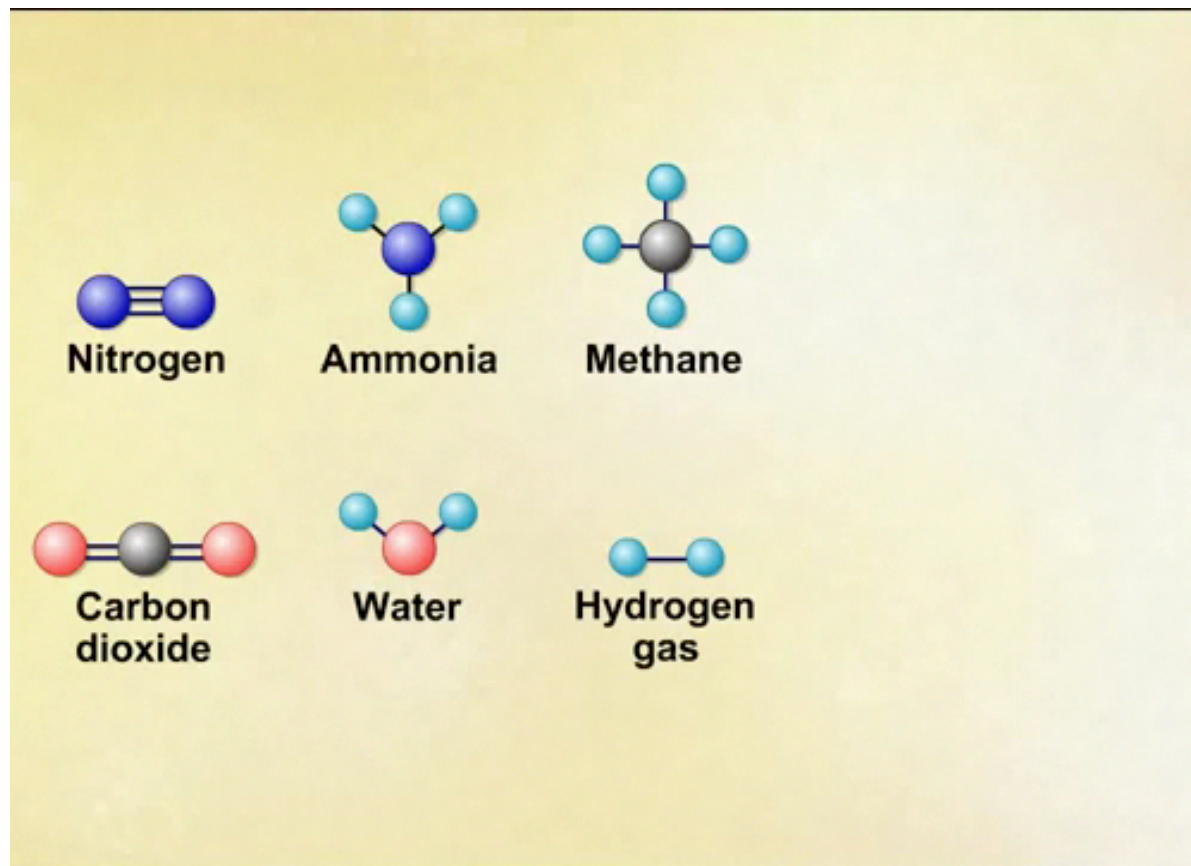
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

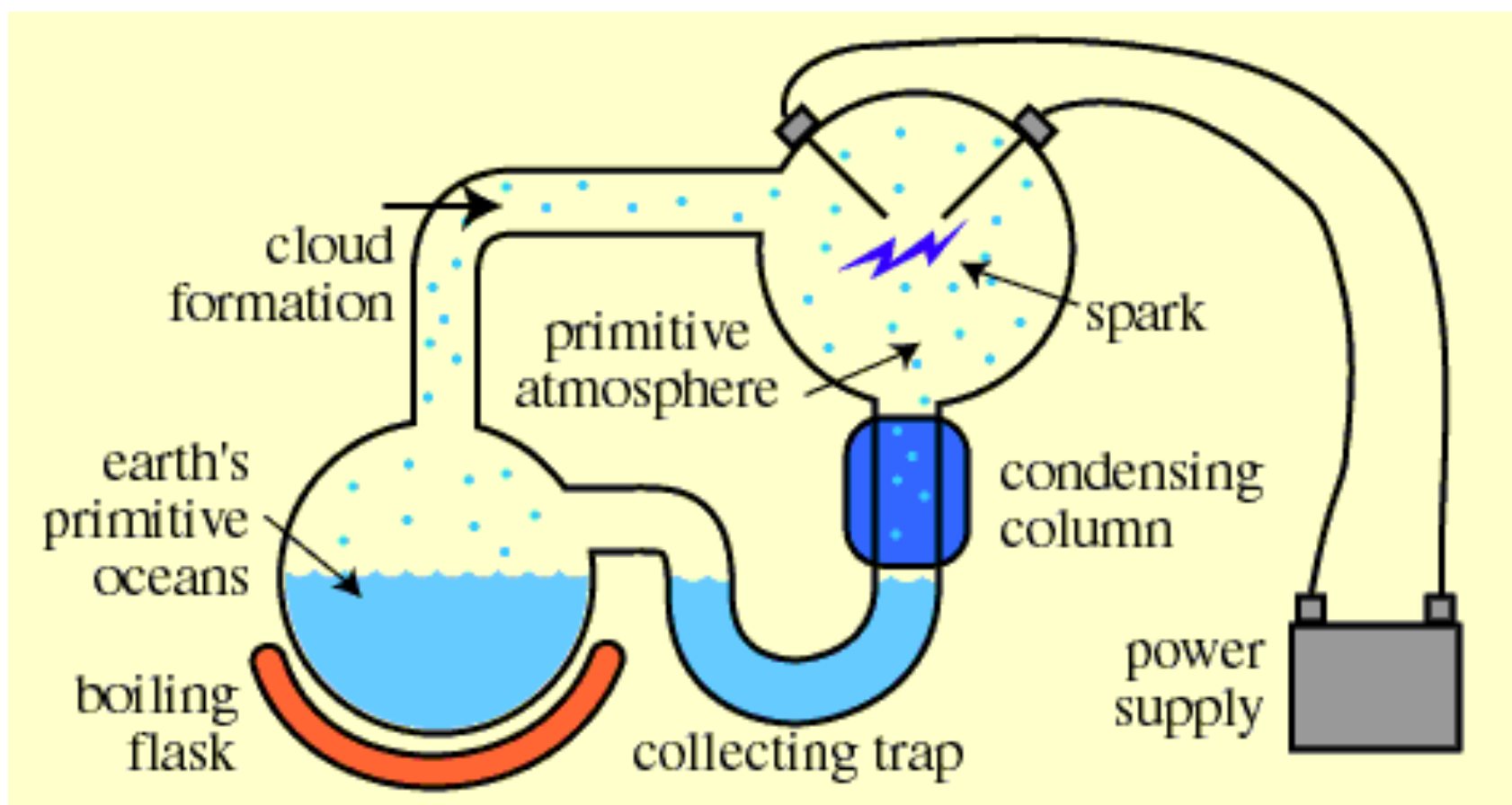
The God Dilemma

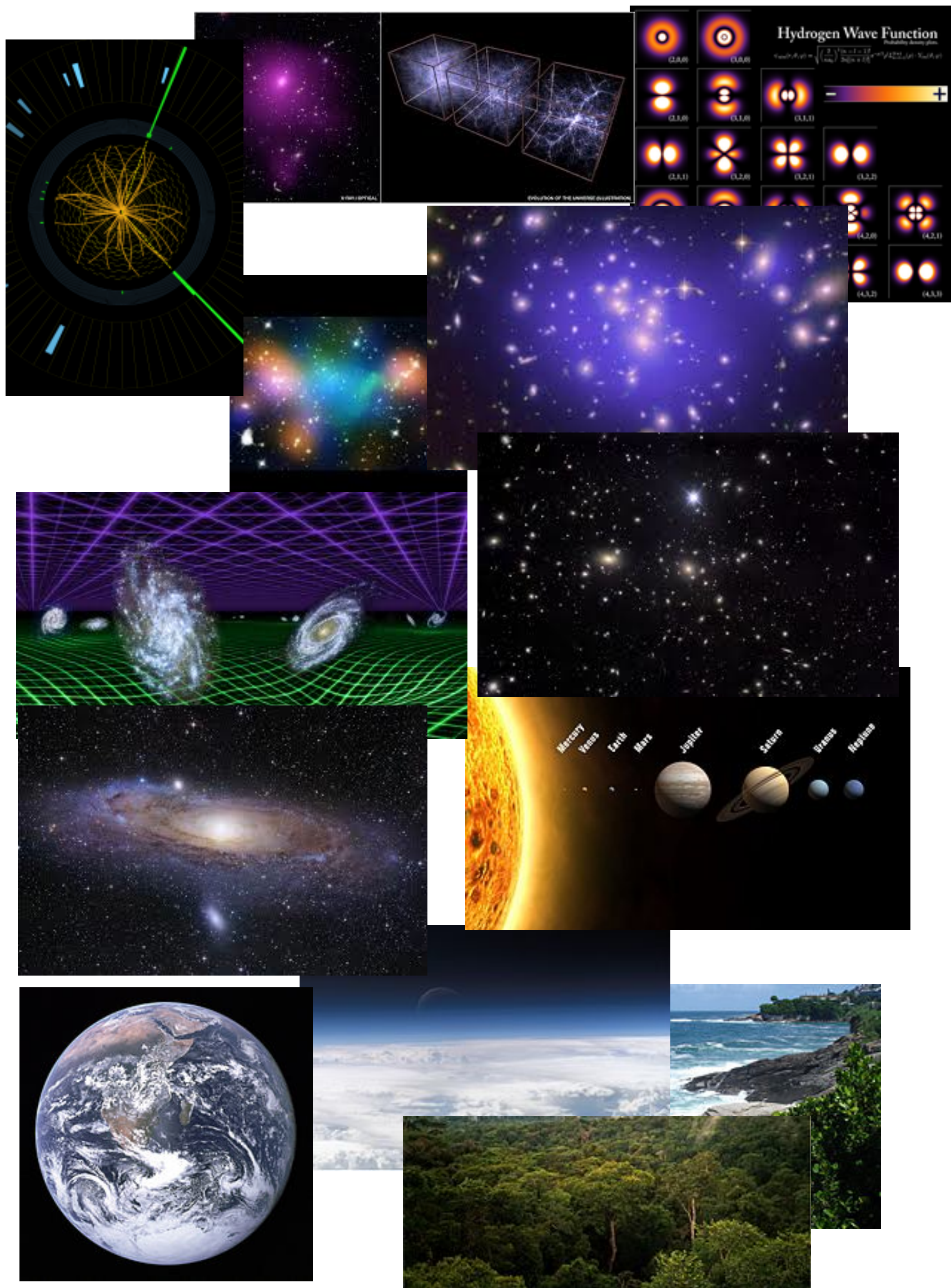
We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

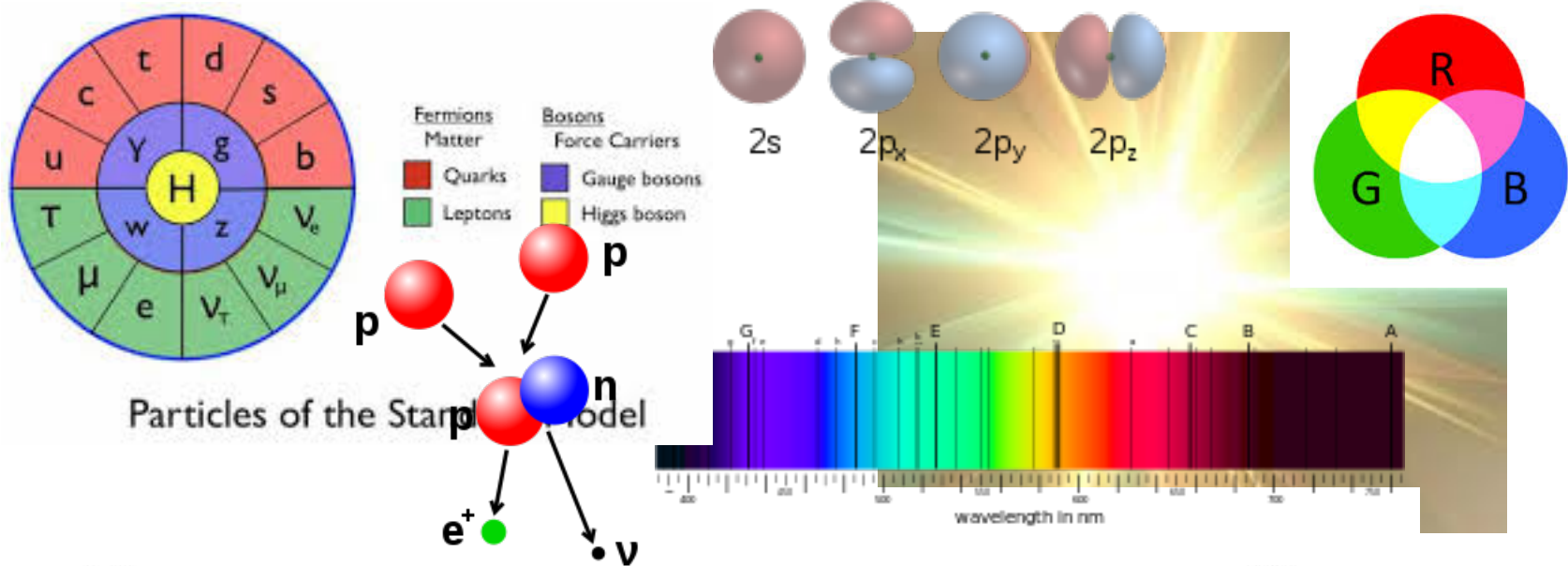
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







GROUP 1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

Be

beryllium

9.012

11

Na

sodium

22.99

12

Mg

magnesium

24.31

19

K

potassium

39.10

20

Ca

calcium

40.08

21

Sc

scandium

44.96

22

Ti

titanium

47.87

23

V

vanadium

50.94

24

Cr

chromium

52.00

25

Mn

manganese

54.94

26

Fe

iron

55.85

27

Co

cobalt

58.93

28

Ni

nickel

58.69

29

Cu

copper

63.55

30

Zn

zinc

65.38

31

Ga

gallium

69.72

32

Ge

germanium

72.63

33

As

arsenic

74.92

34

Se

selenium

78.96

35

Br

bromine

79.90

36

Kr

krypton

83.80

37

Rb

rubidium

85.47

38

Sr

strontium

87.62

39

Y

yttrium

88.91

40

Zr

zirconium

91.22

41

Nb

niobium

92.91

42

Mo

molybdenum

95.94

43

Tc

technetium

(98)

44

Ru

ruthenium

101.1

45

Rh

rhodium

102.9

46

Pd

palladium

106.4

47

Ag

silver

107.9

48

Cd

cadmium

112.4

49

In

indium

114.8

50

Sn

tin

118.7

51

Sb

antimony

121.8

52

Te

tellurium

127.6

53

I

iodine

126.9

54

Xe

xenon

131.3

55

Cs

cesium

132.9

56

Ba

barium

137.3

57-71

lanthanoids

72

Hf

hafnium

178.5

73

Ta

tantalum

180.9

74

W

tungsten

183.8

75

Re

rhenium

186.2

76

Os

osmium

190.2

77

Ir

iridium

192.2

78

Pt

platinum

195.1

79

Au

gold

197.0

80

Hg

mercury

200.6

81

Tl

thallium

[204.3 - 204.4]

82

Pb

lead

207.2

83

Bi

bismuth

209.0

84

Po

polonium

(210)

85

At

astatine

(210)

86

Rn

radon

(222)

87

Fr

francium

(223)

88

Ra

radium

(226)

89-103

actinoids

104

Rf

rutherfordium

(261)

105

Db

dubnium

(262)

106

Sg

seaborgium

(266)

107

Bh

bohrium

(264)

108

Hs

hassium

(277)

109

Mt

meitnerium

(268)

110

Ds

darmstadtium

(271)

111

Rg

roentgenium

(272)

112

Cn

copernicium

(285)

113

Uut

ununtrium

(284)

114

Uuq

ununquadium

(289)

115

Uup

ununpentium

(288)

116

Uuh

ununhexium

(292)

117

Uus

ununseptium

(294)

118

Uuo

ununoctium

(294)

GROUP 18

2

He

helium

4.003

10

Ne

neon

20.18

18

Ar

argon

39.95

36

Kr

krypton

83.80

54

Xe

xenon

131.3

86

Rn

radon

(222)

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cesium

132.9

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hafnium

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tantalum

180.9

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183.8

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Re

rhenium

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osmium

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192.2

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Pt

platinum

195.1

79

Au

gold

197.0

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Hg

mercury

200.6

81

Tl

thallium

[204.3 - 204.4]

82

Pb

lead

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bismuth

209.0

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Po

polonium

(210)

85

At

astatine

(210)

86

Rn

radon

(222)

87

Fr

francium

(223)

88

Ra

radium

(226)

89-103

actinoids

104

Rf

rutherfordium

(261)

105

Db

dubnium

(262)

106

Sg

seaborgium

(266)

107

Bh

bohrium

(264)

108

Hs

hassium

(277)

109

Mt

meitnerium

(268)

110

Ds

darmstadtium

(271)

111

Rg

roentgenium

(272)

112

Cn

copernicium

(285)

113

Uut

ununtrium

(284)

114

Uuq

ununquadium

(289)

115

Uup

ununpentium

(288)

116

Uuh

ununhexium

(292)

117

Uus

ununseptium

(294)

118

Uuo

ununoctium

(294)

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helium

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54

Xe

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131.3

86

Rn

radon

(222)

atomic number

white box = gas state at 0 °C

chemical symbol

chemical name

standard atomic weight

(lower - upper) bounds

(closest) no stable isotopes

26

Fe

iron

55.85

Element Categories

actinoids

alkali metals

alkaline metals

other metals

transition metals

lanthanoids

metalloids

nonmetals

halogens

noble gases

unknown elements

Electron Configuration Blocks

s

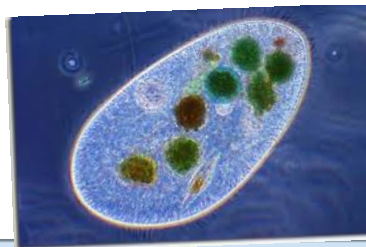
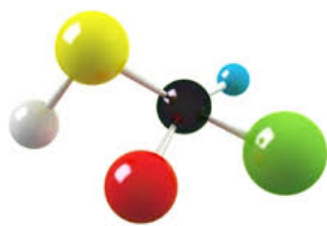
d

p

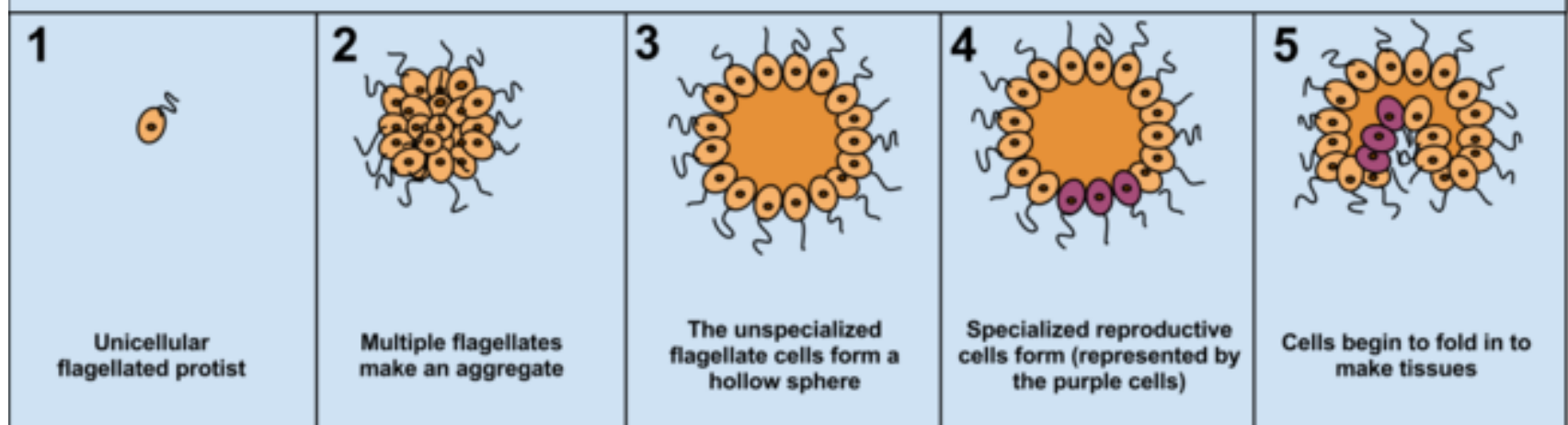
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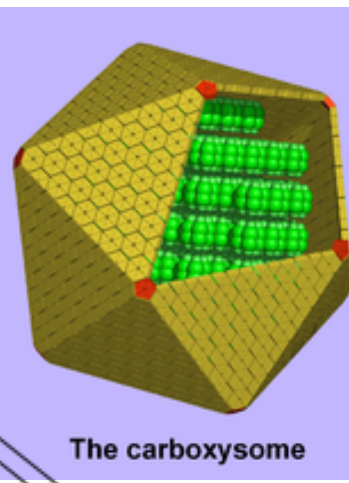
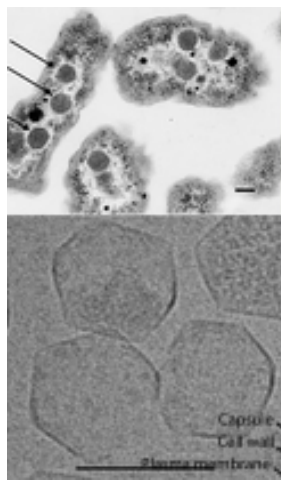
Natural Occurrence: ☐ primordial, ☐ from decay, ☐ synthetic.

57 La lanthanum 138.9	58 Ce cerium 140.1	59 Pr praseodymium 140.9	60 Nd neodymium 144.2	61 Pm promethium (145)	62 Sm samarium 150.4	63 Eu europium 152.0	64 Gd gadolinium 157.3	65 Tb terbium 158.9	66 Dy dysprosium 162.5	67 Ho holmium 164.9	68 Er erbium 167.3	69 Tm thulium 168.9	70 Yb ytterbium 173.1	71 Lu lutetium 175.0
89 Ac actinium (227)	90 Th thorium 232.0	91 Pa protactinium 231.0	92 U uranium 238.0	93 Np neptunium (237)	94 Pu plutonium (244)	95 Am americium (243)	96 Cm curium (247)	97 Bk berkelium (247)	98 Cf californium (251)	99 Es einsteinium (252)	100 Fm fermium (257)	101 Md mendelevium (258)	102 No nobelium (259)	103 Lr lawrencium (262)



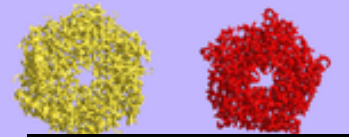
Colonial Flagellate Hypothesis



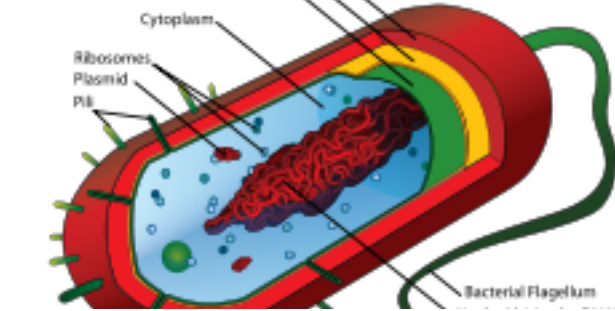


Enzymes and shell proteins

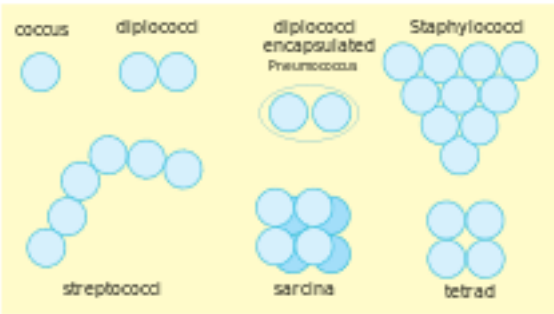
RuBisCO



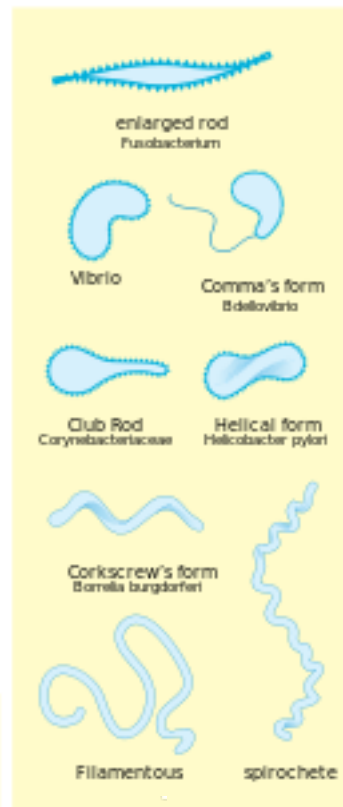
The carboxysome



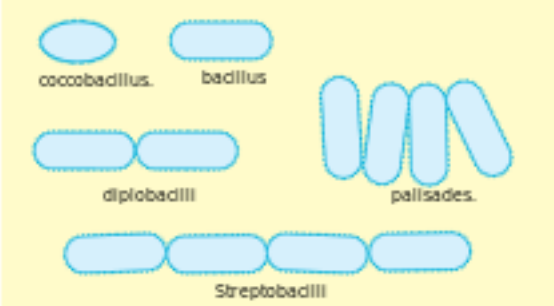
Cocci



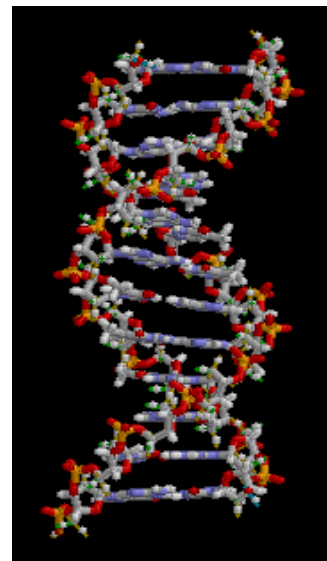
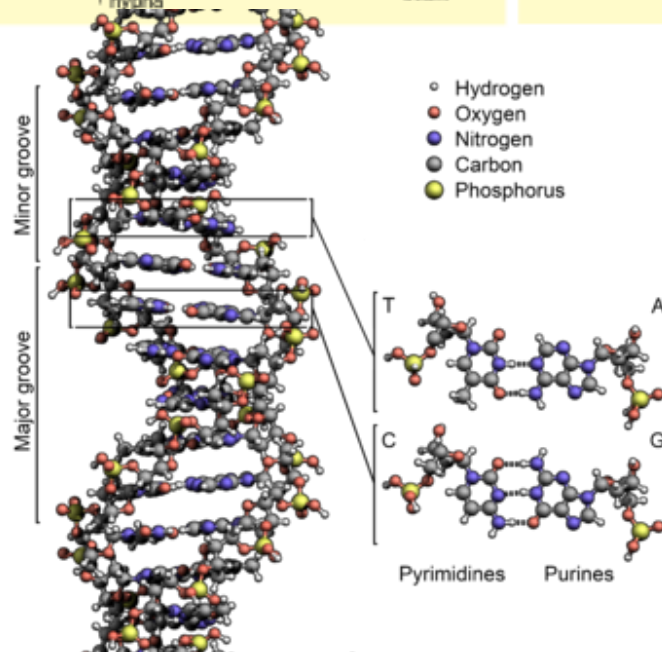
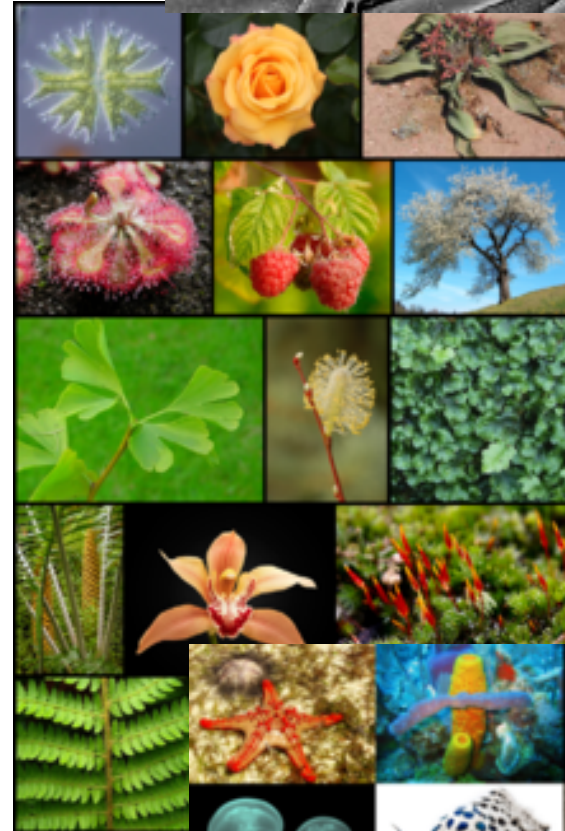
Others



Bacilli



Budding and appendaged bacteria





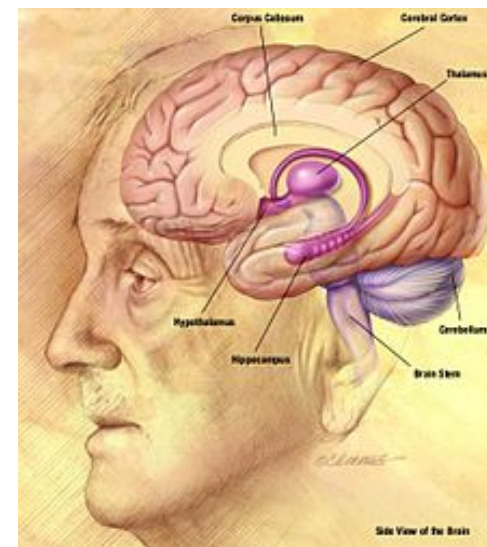
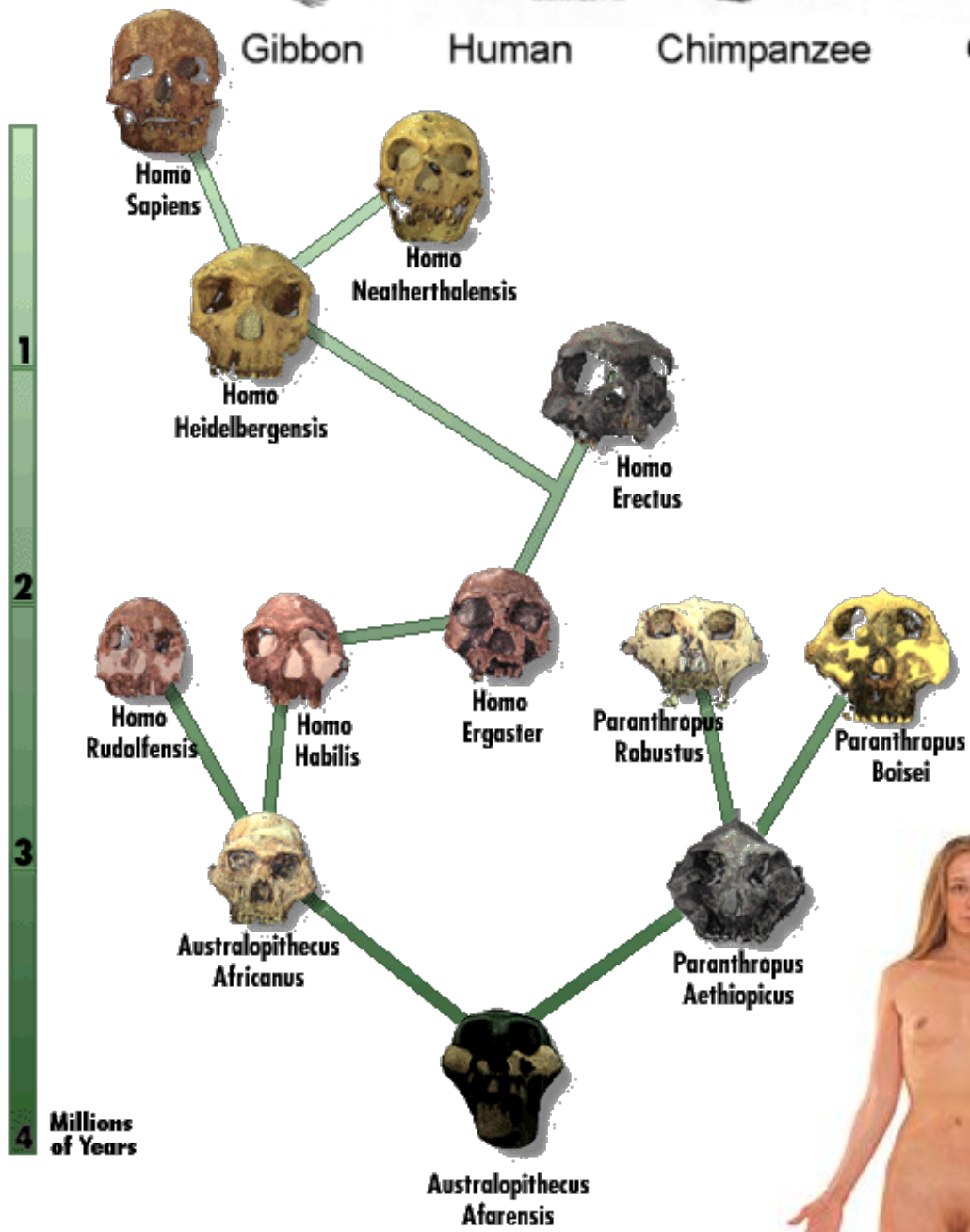
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah (Talmud), but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttery at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

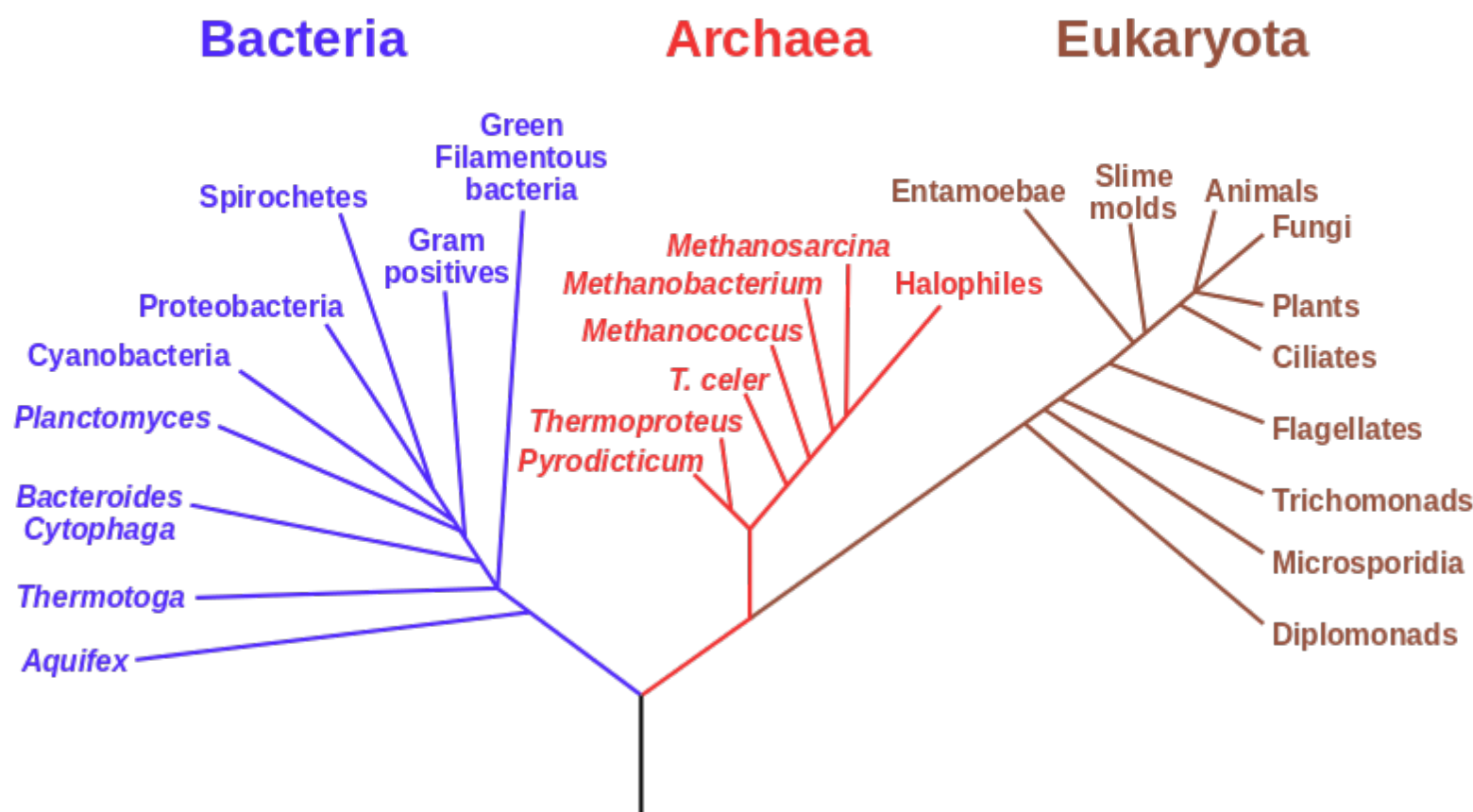
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

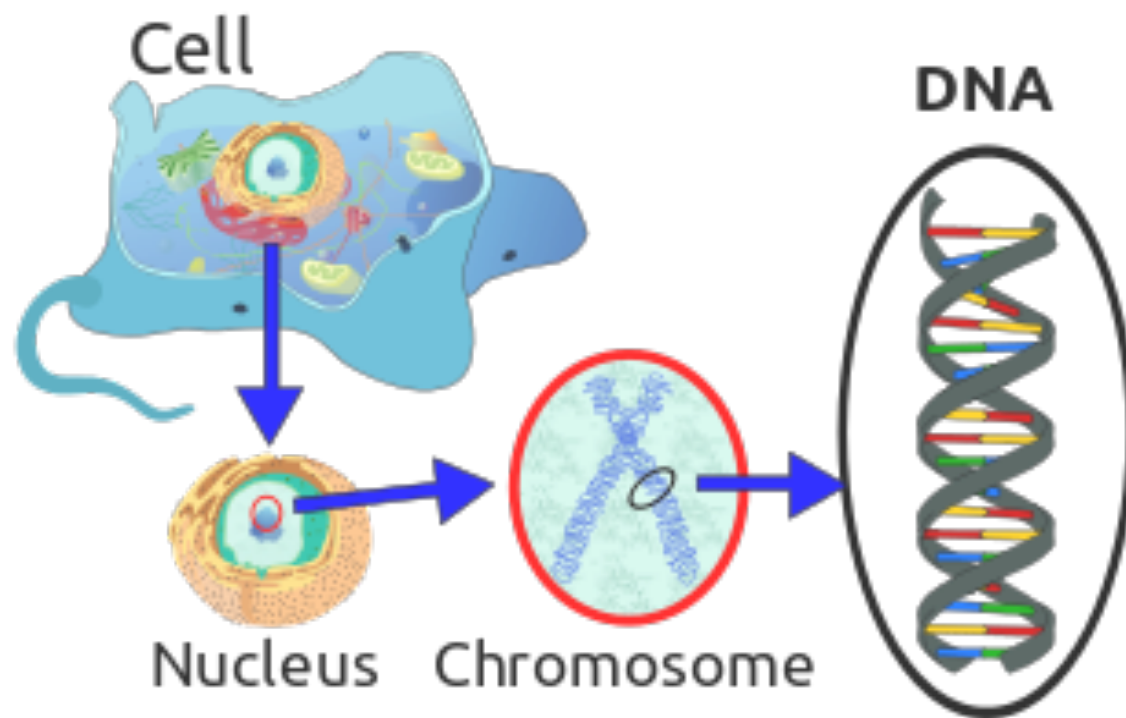
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science, thus the popularity of religion. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

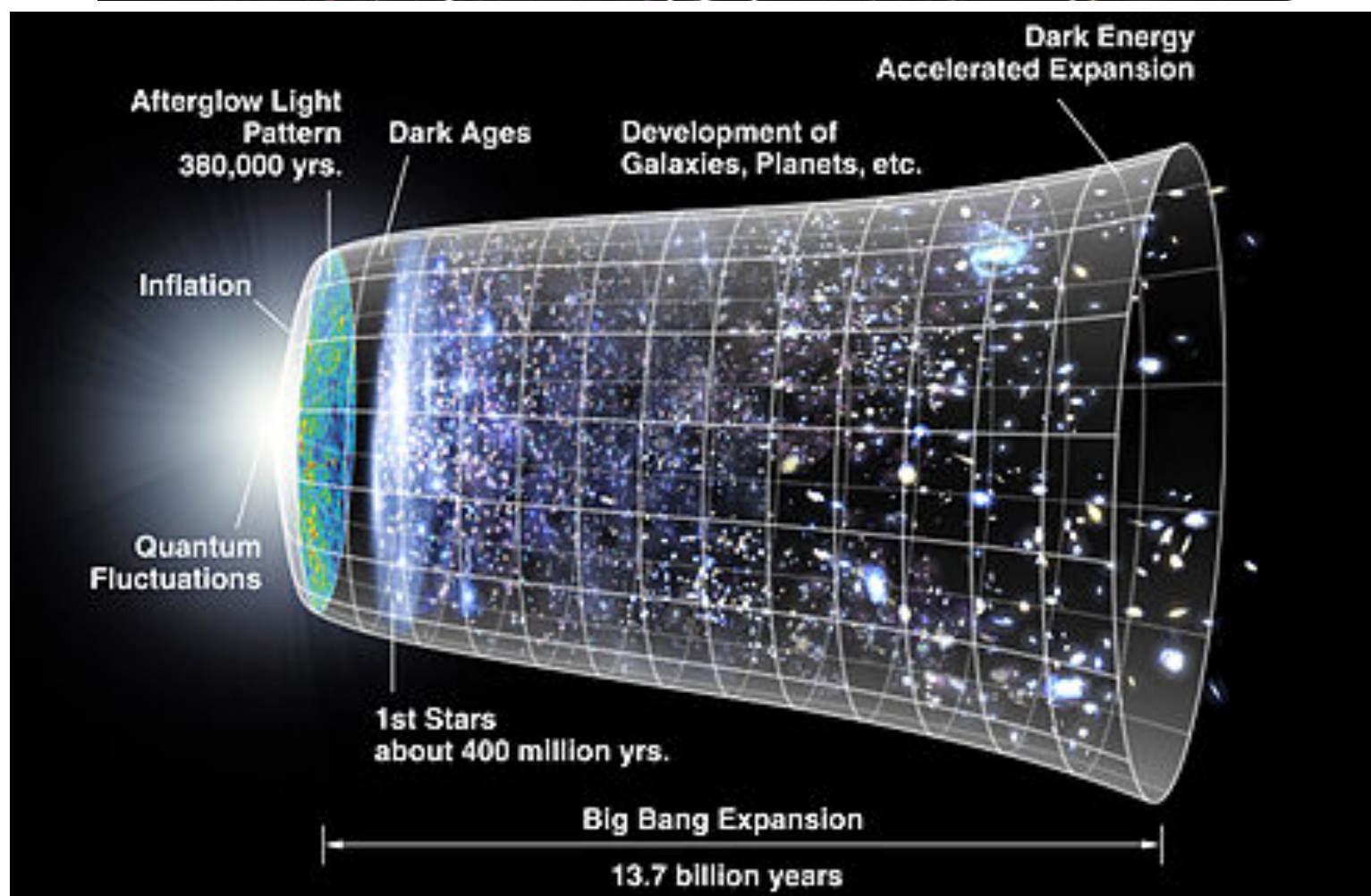
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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